



# Connect4Christmas

## ACTIVITY AND INFORMATION BOOKLET



# Help Wanted

by Timothy Tocher

Santa needs new reindeer.  
The first bunch has grown old.

Dasher has arthritis;

Comet hates the cold.

Prancer's sick of staring  
at Dancer's big behind.

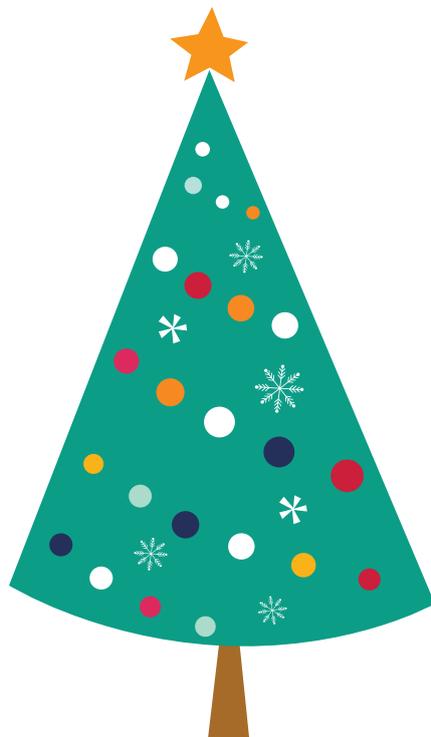
Cupid married Blitzen  
and Donner lost his mind.

Dancer's mad at Vixen  
for stepping on his toes.

Vixen's being thrown out—  
she laughed at Rudolph's nose.

If you are a reindeer  
we hope you will apply.

There is just one tricky part:  
You must know how to fly.



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# Recipes

## Sausage Pasta

### Ingredients

- 1 tbsp olive oil
- 8 pork sausages or veggie alternative, cut into chunky pieces
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 tsp chilli powder
- 400g can chopped tomatoes
- 300g short pasta such as fusilli or farfalle (just over half a 500g bag)



### Method

- **STEP 1** - Put a large pan of water on to boil.
- **STEP 2** - Heat 1 tbsp olive oil in a large frying pan and fry chunky pieces of 8 pork sausages on a fairly high heat until they are golden brown all over.
- **STEP 3** - Now turn the heat down and add 1 large chopped onion and 2 crushed garlic cloves, cooking them until they have softened.
- **STEP 4** - Stir in 1 tsp chilli powder and 400g chopped tomatoes with the sausages, bring the sauce to the boil then turn the heat down and let it bubble for about 10 minutes while you cook the pasta.
- **STEP 5** - Drop 300g pasta into the pan of boiling water and cook according to the pack instructions.
- **STEP 6** - Drain the pasta, then tip it into the frying pan with the sausage sauce, mixing well to coat. Dish up immediately with crusty bread.

## Oven Baked Risotto

### Ingredients

- 250g pack smoked bacon or vegetarian option, chopped in small pieces
- 1 onion, chopped
- 25g butter
- 300g risotto rice
- half a glass of white wine (optional)
- 150g pack cherry tomatoes, halved
- 700ml hot chicken/Vegetable stock (from a cube is fine)
- 50g parmesan, grated



### Method

- **STEP 1** - Heat oven to 200C/fan 180C/gas 6. Fry the bacon pieces in an ovenproof pan or casserole dish for 3-5 mins until golden and crisp. Stir in the onion and butter and cook for 3-4 mins until soft. Tip in the rice and mix well until coated. Pour over the wine if using and cook for 2 mins until absorbed.
- **STEP 2** - Add the cherry tomatoes and the hot stock, then give the rice a quick stir. Cover with a tightly fitting lid and bake for 18 mins until just cooked. Stir through most of the parmesan and serve sprinkled with the remainder.

# Cowboy Pie

## Ingredients

- 8 Cumberland sausages or vegetarian option
- 900g frozen mashed potato or instant mash
- 1 tbsp vegetable oil
- 2 onions, thinly sliced
- 3 garlic cloves, crushed
- 2 x 420g tins baked beans
- 2 tbsp BBQ sauce or Brown sauce
- 50g mature Cheddar, coarsely grated
- 400g frozen garden peas



## Method

- **STEP 1** - Preheat the grill to high. Place the frozen sausages on a non-stick baking tray and grill for 20 mins, turning frequently, until evenly golden and cooked through. Cut into bite-sized pieces on a slight diagonal.
- **STEP 2** - Meanwhile, cook the mashed potato according to pack instructions. Set aside.
- **STEP 3** - Heat the oil in a frying pan over a high heat. Fry the onions and garlic for 5-6 mins until lightly golden. Remove from the heat and stir through the sausages, baked beans and BBQ sauce and season. Tip into a large ovenproof dish.
- **STEP 4** - Top with the mashed potato, swirling it with a fork to encourage a crispy finish. Sprinkle over the cheese and grill for 10 mins until golden and bubbling.
- **STEP 5** - Meanwhile, cook the peas in a pan of boiling, salted water for 3-5 mins until tender. Drain and serve with the cowboy pie.

# Quick Pizza Dough

## Ingredients

- 400g plain flour, plus extra to dust
- 1 x 7g sachet fast action dried yeast
- 1 tsp fine sea salt
- 1 tsp caster sugar
- 2 tbsp olive oil, plus extra to drizzle



## Method

- **STEP 1** - Preheat the oven to the hottest it will go (around 240°C, fan 220°C, gas 9), before starting to make the dough. Put in a couple of pizza stones, or 2 large baking trays, to get really hot.
- **STEP 2** - Mix the flour, yeast, salt and sugar together in a mixing bowl. Make a well in the centre and add the oil, then add about 225ml water to bring together as a dough. Tip out onto a floured surface and knead for 1 minute, just until smooth. Leave to rest under the upturned bowl while you prepare your pizza toppings.
- **STEP 3** - It's time to shape the pizzas! Roll out one ball at a time on a lightly floured surface, to about 25cm in diameter. Sprinkle a large square of baking paper with the cornmeal (or alternative) then lift the dough onto the paper. Stretch and press the pizza dough with your fingertips until it is about 30cm diameter, indenting a thicker crust around the edges. The middle should be about 5mm, and the crust about 1cm deep. Repeat to make a second pizza.
- **STEP 4** - Spread the pizzas with sauce and add your toppings (don't add too many, or you'll end up with a soggy pizza). Drizzle with a little oil and leave to rest for 10-15 minutes before baking, so that the dough starts to rise. Slide the pizzas onto the preheated pizza stones or hot baking trays, still on the lining paper to help lift them easily. Bake for 10-15 minutes until the base is golden and crisp.

# Satay Cauliflower and Chickpea Curry

## Ingredients

- 1 tbsp vegetable or sunflower oil
- 1 onion , chopped, or 140g frozen chopped onions
- 2 garlic cloves , crushed, or 1 tbsp garlic paste
- 2 tbsp curry paste (we used tikka)
- 2 tbsp peanut butter (smooth or crunchy)
- 250g frozen cauliflower florets
- 400g can chickpeas , drained
- 200g coconut milk (use a 400g can and save the rest for the flatbreads)
- handful coriander (optional)



## Method

- **STEP 1** -Heat the oil in a large pan. Add the onion and sizzle for 5-10 mins until softened. Add the garlic, stir for 30 secs, then stir in the curry paste and peanut butter. Stir to combine, then add the cauliflower, chickpeas, coconut milk and 100ml water. Season well, cover with a lid and simmer for 15 mins until the cauliflower has thawed, then uncover and cook for 5 mins more until the sauce is thick.
- **STEP 2** Meanwhile, make the flatbreads. Heat a large griddle pan. In a bowl, combine the flour, baking powder and 1/4 tsp salt. Add the coconut milk and mix to form a dough. Break off golf-ball-sized pieces of dough and roll out as thinly as you can on a lightly floured surface. Place in the pan and cook for 1-2 mins each side until charred dark brown and puffed up. Serve the curry with the flatbreads, scattered with coriander, if you like.

# Frittata

## Ingredients

- 5 large eggs
- 300g tub low-fat natural cottage cheese
- 1 garlic clove, finely chopped
- 15g finely grated parmesan (or vegetarian alternative)
- 225g frozen leaf spinach, thawed, squeezed and finely chopped
- 2 roasted red peppers (not in oil), torn into strips
- generous grating of nutmeg (optional)
- 100g whole cherry tomato



## Method

- **STEP 1** -Heat oven to 190C/170C fan/gas 5. Line a 20cm sandwich tin with a single sheet of baking parchment if your tin has a loose bottom.
- **STEP 2** -Beat the eggs in a large bowl with the cottage cheese, garlic, half the Parmesan, the spinach, peppers, nutmeg and some black pepper. Tip into the tin, top with the tomatoes and sprinkle with the remaining Parmesan. Bake for 40 mins until set all the way through and starting to puff up. Cut into wedges and serve hot or cold. Will keep for 3-4 days in the fridge.

# Lentil Shepherd's Pie

## Ingredients

### For the champ topping

- 3 floury potatoes, such as King Edward or Maris Piper, peeled, chopped
- Small handful frozen peas
- Knob of butter
- 2 spring onions, roughly chopped
- 25ml/1fl oz milk
- 75g/3oz mature cheddar, broken into chunks
- Pinch smoked paprika

### For the lentil mixture

- 1 tbsp olive oil
- $\frac{1}{2}$  Red onion, roughly chopped
- 1 Garlic clove, chopped
- 2 Small carrots, peeled, chopped into small pieces
- 1 Celery stalk, trimmed, chopped into small pieces
- 400g/14oz canned plum tomatoes
- Splash worcestershire sauce (optional)
- Few drops tabasco
- Pinch smoked paprika
- 1 Fresh bay leaf
- 85ml/3fl oz red wine
- 100ml/3 $\frac{1}{2}$ fl oz vegetable stock
- 1 Sprig fresh rosemary
- Splash balsamic vinegar
- Small handful fresh flatleaf parsley, roughly chopped
- 400g/14oz canned puy lentils
- Sea salt and freshly ground black pepper

## Method

- **STEP 1** - Preheat the oven to 200C/400F/Gas 6. For the champ topping, heat a pan of salted water, add the potatoes and bring gently to the boil, then simmer until the potatoes are nearly cooked through, about 15-20 minutes. When the potatoes for the champ topping are almost done, add the frozen peas and cook for a few more minutes until the peas are tender. Drain and set aside.
- **STEP 2** - Meanwhile, for the lentil mixture, heat the olive oil in a large frying pan over a medium heat and gently fry the chopped onion, garlic, carrots and celery for 5-10 minutes, until softened.
- **STEP 3** - Add the remaining lentil mixture ingredients except for the lentils and season to taste with salt and freshly ground black pepper. Bring to the boil then reduce the heat and simmer for 10 minutes until the vegetables are tender and the sauce has reduced. Stir the lentils into the tomato sauce.
- **STEP 4** - Melt the butter in a small saucepan over a low heat, then gently fry the spring onions until softened. Add the milk and heat through.
- **STEP 5** - Mash the potatoes and peas roughly. Add the warm milk mixture to the potatoes and continue to mash until combined but still chunky.
- **STEP 6** - Spoon the lentil mixture into a medium pie dish and top with the champ. Scatter over the cheese and smoked paprika. Place the dish onto a baking sheet and bake the pie for 25-30 minutes, or until the potato is golden-brown.



# Bread

## Ingredients

- 500g strong bread flour
- 7g sachet fast-action dried yeast
- 1 tsp salt
- 300ml hand-hot water
- 2 tbsp sunflower oil
- 1 tbsp honey



## Method

- **STEP 1** - Tip the flour into a bowl and mix in the yeast with the salt. Stir in the water, oil and honey. Now bring together to make a soft dough – I use my hands, but a wooden spoon or knife from the cutlery drawer is fine. Tip onto a lightly floured surface and knead for 10 mins. It is worth putting in the time to do this as it will pay off later with lovely airy bread.
- **STEP 2** -Don't keep adding flour, a wet dough is better than a dry one, which will bake to a tough texture, so if you don't like the dough sticking to your hands, lightly oil them. If you are adding flavourings, knead them in gently now.
- **STEP 3** -Turn the dough into an oiled 1kg bread tin and cover with oiled cling film (or better still, a free unused shower cap from your last hotel stay!). Put in a warm place until the bread fills the tin, it should take between 1-2 hrs.
- **STEP 4** -Uncover and bake your bread at 200C/180C fan/gas 6 for 30-35 mins until golden. Tip out of the tin and tap the base of the loaf. It should sound hollow when fully cooked. If not cooked, put loaf back in the oven out of the tin and test again after 10 mins. Cool.

# Spaghetti Puttanesca

## Ingredients

- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 large garlic cloves, crushed
- $\frac{1}{2}$  tsp chilli flakes (optional)
- 400g can chopped tomatoes
- 5 anchovy fillets, finely chopped
- 120g pitted black olives
- 2 tbsp capers, drained
- 300g dried spaghetti
- $\frac{1}{2}$  small bunch of parsley, finely chopped



## Method

- **STEP 1** -Heat the oil in a non-stick pan over a medium-low heat. Add the onion along with a generous pinch of salt and fry for 10 mins, or until soft. Add the garlic and chilli, if using, and cook for a further minute.
- **STEP 2** -Stir the tomatoes, anchovies, olives and capers into the onion, bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste.
- **STEP 3** -Meanwhile, bring a large pan of salted water to the boil. Cook the spaghetti following pack instructions, then drain and toss with the sauce and parsley.

# Tomato Sauce Base

## Ingredients

- 1 tbsp olive oil
- 1 garlic clove, crushed
- 400g can chopped tomatoes
- 1 tsp vegetable stock powder or  $\frac{1}{2}$  crumbled stock cube
- 1 tbsp tomato purée
- 1 tsp sugar
- Few basil leaves
- 

## Method

- **STEP 1** -Heat the olive oil in a pan, add the garlic clove, then gently fry for 1 min.
- **STEP 2** -Tip in the chopped tomatoes, vegetable stock powder, tomato purée and sugar, then bring to the boil. Reduce the heat, then simmer uncovered for 5 mins, stirring occasionally.
- **STEP 3** -To finish, tear a few basil leaves, then stir into the sauce.
- Add an assortment of vegetables, peppers, onions, carrots, celery to bulk out, use as a base for Pizza, Pasta etc



# Basic White Sauce

## Ingredients

- 500ml whole milk
- 1 onion, halved
- 1 bay leaf
- 2 cloves
- 50g butter
- 50g plain flour

## Method

- **STEP 1** -Gently bring 500ml whole milk to the boil in a small saucepan with 1 halved onion, studded with 1 bay leaf and 2 cloves. Turn off the heat and leave to infuse for 20 mins.
- **STEP 2** -Melt 50g butter in another saucepan, then add 50g plain flour. Stir continuously until a paste forms – this is called a roux. Continue cooking for 2 mins.
- **STEP 3** -Remove the onion, bay and cloves from the milk with a slotted spoon and discard. Add the infused milk to the roux gradually, stirring as you go, until you get a smooth sauce. Cook for 5-10 mins, stirring continuously, until the sauce has thickened. Season to taste.
- This sauce can then be used as a base, add Cheese, parsley for macaroni or fish pie.



# Store Cupboard Rarebit

## Ingredients

- 2 thick slices of wholemeal bread
- 85g Mature Cheddar, grated
- $\frac{1}{2}$  a small red onion, finely chopped
- 2 small tomatoes, roughly chopped
- 1 medium egg
- Pinch of cayenne pepper (optional)



## Method

- **STEP 1** - Toast the bread. Preheat the grill and toast the bread on both sides. Set the toast aside, but keep the grill on.
- **STEP 2** - Make the mix. In a bowl combine the cheese, onion, tomatoes, egg and cayenne, if using. Give it all a good stir and season well with salt and pepper. Divide the cheesy mix between the two slices of toast and spread it out so it completely covers the toast.
- **STEP 3** - Get grilling. Slide the toast back under the grill and cook until golden brown and bubbling. Eat while it's hot.
- You can add ham, sausage, mushrooms, left overs to taste.

# Fridge Raid Soup

## Ingredients

- 2 tbsp of olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 sticks of celery, finely chopped
- 4 cloves of garlic, crushed
- 1 tssp tomatoe puree
- 1 litre of vegetable or chicken stock
- 400 g can chopped tomatoes
- 2 x 400 cans cannellini beans, drained
- A large handful of green veg (about 150g, use any seasonal veg, spinach, cabbage, brussel sprouts, green beans etc.), roughly chopped
- Crumbled cheese, crusty bread to serve.



## Method

- **STEP 1** -Heat the oil in a large pan on a medium heat and cook the onion, carrot and celery until soft, about 10 mins, then add the garlic, thyme and tomato purée. Pour in the stock along with the tomatoes, reduce the heat to low and simmer for 10 mins.
- **STEP 2** -Add the cannellini beans, the green veg and potato pieces, along with a generous pinch of seasoning. Cover and simmer for another 15-20 mins or so until the veg is tender and the soup has thickened. Top with some parsley, crumbled cheese, olives (optional), chilli flakes (for those who like spice) and a drizzle of extra virgin olive oil (optional). Serve with crusty bread on the side for dunking.

# Smoked Mackerel and Leek Hash with Horseradish

## Ingredients

- 250g new potatoes , halved
- 2 tbsp oil
- 2 large leeks , thinly sliced
- 4 eggs
- 100g peppered smoked mackerel , skin removed
- 2 tbsp creamed horseradish



## Method

- **STEP 1** -Put the potatoes in a microwaveable bowl with a splash of water, cover, then cook on high for 5 mins until tender (or steam or simmer them).
- **STEP 2** -Meanwhile, heat the oil in a frying pan over a medium heat, add the leeks with a pinch of salt and cook for 10 mins, stirring so they don't stick, until softened. Tip in the potatoes, turn up the heat and fry for a couple of mins to crisp them up a bit. Flake through the mackerel.
- **STEP 3** -Make four indents in the leek mixture in the pan, crack an egg into each, season, then cover the pan and cook for 6-8 mins until the whites have set and the yolks are runny. Serve the horseradish on the side, with the pan in the middle of the table.

# Curried Cauliflower and Lentil Soup

## Ingredients

- 1 cauliflower
- 1½ tbsp oil
- 2 tsp fennel seeds
- 150g red lentils
- 3 tbsp curry paste of your choice
- ½ lemon , juiced



## Method

- **STEP 1** - Remove the outer leaves from the cauliflower, cut off the stalk and roughly chop, then cut the head into small florets. Toss a quarter of the florets in 1 tbsp oil and 1 tsp of the fennel seeds, season well, then tip into a roasting tin and set aside.
- **STEP 2** -Heat oven to 220C/200C fan/gas 7. Heat ½ tbsp oil in a saucepan over a medium heat and add the remaining fennel seeds, toast for 2 mins, then add the lentils and the remaining cauliflower. Stir in the curry paste, then add 1 litre water and bring to the boil. Simmer for 25 mins until the cauliflower is tender and the lentils are cooked through.
- **STEP 3** -Meanwhile, put the roasting tin of cauliflower in the oven and cook for 20 mins until crisp and slightly charred. Tip the soup mixture into a food processor and blitz until smooth, tip back into the pan to warm through, adding the lemon juice and a little water if it's too thick. Tip into bowls and top with the crispy cauliflower and fennel seeds to serve.

# Dhal

## Ingredients

- 200g red lentils
- 2 tbsp ghee, or vegetable oil if you're vegan
- 1 small onion, finely chopped
- 3 garlic cloves, finely chopped
- $\frac{1}{4}$  tsp turmeric
- $\frac{1}{2}$  tsp garam masala
- coriander, to serve
- 1 small tomato, chopped

## Method

- **STEP 1** - Rinse the lentils several times until the water runs clear, then tip into a saucepan with 1 litre water and a pinch of salt. Bring to the boil, then reduce the heat and simmer for 25 mins, skimming the froth from the top. Cover with a lid and cook for a further 40 mins, stirring occasionally, until it's a thick, soupy consistency.
- **STEP 2** - While the lentils are cooking, heat the ghee or oil in a non-stick frying pan over a medium heat, then fry the onion and garlic until the onion is softened, so around 8 mins. Add the turmeric and garam masala, then cook for a further minute. Set aside.
- **STEP 3** - Tip the lentils into bowls and spoon half the onion mixture on top. Top with the coriander and tomato to serve.



# Chocolate Fudge Biscuits

## Ingredients

- 60g cocoa powder, sieved
- 200g caster sugar
- 60ml vegetable oil
- 2 large eggs
- 180g plain flour
- 1 tsp baking powder
- 70g icing sugar

## Method

- **STEP 1** - Mix the cocoa, caster sugar and oil together. Add the eggs one at a time, whisking until fully combined.
- **STEP 2** - Stir the flour, baking powder and a pinch of salt together in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms. If it feels soft, transfer to the fridge and chill for 1 hr. Heat the oven to 190C/170C fan/gas 5. Tip the icing sugar into a shallow dish. Form a heaped teaspoon of the dough into a ball, then roll in the sugar to coat. Repeat with the remaining dough, then put, evenly spaced, on a baking tray lined with baking parchment.
- **STEP 3** - Bake in the centre of the oven for 10 mins – they will firm up as they cool. Transfer to a wire rack and leave to cool. Will keep for four days in a biscuit tin.



# Rock Cake

## Ingredients

- 225g/8oz self-raising flour
- 75g/2½oz caster sugar
- 1 tsp baking powder
- 125g/4½oz unsalted butter, cut into cubes
- 150g/5½oz dried fruit
- 1 free-range egg
- 1 tbsp milk
- 2 tsp vanilla extract



## Method

- **STEP 1** -Preheat the oven to 180C/160C Fan/Gas 4 and line a baking tray with baking parchment.
- **STEP 2**- Mix the flour, sugar and baking powder in a bowl and rub in the cubed butter until the mixture looks like breadcrumbs, then mix in the dried fruit.
- **STEP 3**- In a clean bowl, beat the egg and milk together with the vanilla extract.
- **STEP 4**- Add the egg mixture to the dry ingredients and stir with a spoon until the mixture just comes together as a thick, lumpy dough. Add a teaspoon more milk if you need it to make the mixture stick together.
- **STEP 5**- Place golfball-sized spoons of the mixture onto the prepared baking tray. Leave space between them as they will flatten and spread out to double their size during baking.
- **STEP 6**- Bake for 15–20 minutes, until golden-brown. Allow to cool for a couple of minutes, then turn them out onto a wire rack to cool.

# Outdoor Activities for Families

Go star gazing

Volunteer to walk dogs  
at a local rescue centre

Go bug hunting

Visit the local  
Library

Enjoy a scavenger hunt

Sign up to go Geocaching

Make a bird feeder

Dig for worms

Create a small wildlife  
pond in a bowl

Collect leaves for leaf  
printing

Go for a walk using a  
compass

Create a fairy house  
and garden

Play Frisbee in the park

Take photos of nature  
for each letter of the  
alphabet

Collect twigs to make a  
picture frame

Create and fly a kite

Create and have a paper plane race

# Physical Activities for Families

Create an obstacle course and see who is the quickest

How long can you Hula Hoop for?

Learn a dance together

Complete the Daily Mile as a family, how long does it take

How many balloon keepie uppies can you do

Try some Yoga together

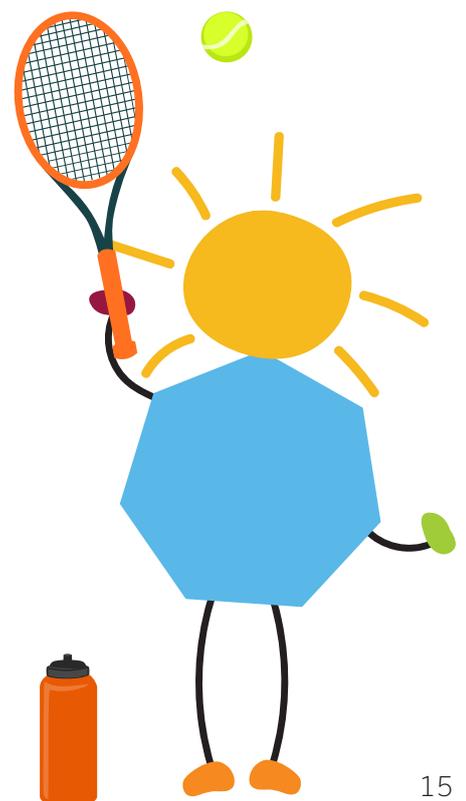
How many skips can you do without stopping

Try line dancing together

Set up a football skills course who is the best

Go for a walk/run with short 10 sec sprints

Mix up bubbles and see who can blow the biggest bubble



# Yoga Poses

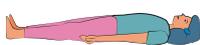
## Easy Pose

This is the simplest of all poses – try this before trying any others.

### How to do:

- Sit up straight with your legs crossed.
- Place your hands on your knees, palms facing up.
- Balance your weight evenly on the bones of your body you are sitting on.
- Keep your head, neck, and spine aligned all the way along your body.
- Lengthen your spine – without stiffening your neck.
- Relax your feet and thighs.
- Hold this posture for 30 seconds.
- Release and change the cross-legged position.



 Bridge Pose	 Tree Pose	 Cobra Pose	 Cat Pose	 Bow Pose
 Frog Pose	 Easy Pose	 Butterfly Pose	 Sleeping Pose	 Chair pose
 Hero Pose	 Boat Pose	 Mountain Pose	 Happy Baby Pose	 Lion Pose

# Craft Activities

## Playdough

### You will need

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

### Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh. You can make a batch of colours and give away as kids' party bag favours or hold a playdough party for your child's next birthday.



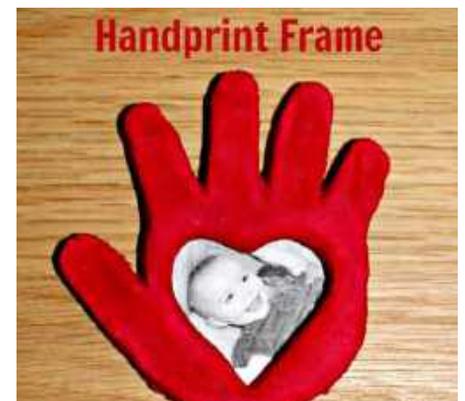
## Salt Dough Handprint Frame

### You will need

- Mix 2 cups of plain flour and 1 cup of salt together in a large bowl.
- Add 1 cup of water. Add it in slowly as you may need less.
- Knead the mixture into a dough.
- For coloured dough use food colouring or you can paint them once they have dried with paints
- Get creating!

### Method

1. Once you have created your shapes The best way to dry out salt dough is to put it in the oven at a low temperature. Ovens do vary, but I turn the oven to 100 degree (celsius) to avoid any burning or the salt dough puffing up. Your salt dough crafts will take several hours to dry out depending on their thickness. Thicker salt dough models may take longer. Turning your salt dough crafts over every now and again can speed up the drying process.
2. If you don't have time to wait to dry your salt dough creations in the oven you can dry them out in the microwave. Put your salt dough craft on a microwave safe plate and then zap your salt dough craft for 10 seconds at a time. It really won't take long at all!
3. Alternatively salt dough can be dried by leaving it out in a warm room, but this will take several days. This would work well if you have made a lot of salt dough crafts with a large group of children.



# Hand Print Bird

## You will need

- Blue, red, yellow, white and green coloured paper
- Lollipop stick
- Glue/tape
- Two wobbly eyes
- Scissors



## Method

1. Draw around your hand and a child's to make different size hands, cut out 3 coloured hands in red, green and yellow
2. Cut a triangle shape in blue with a curved edge for the body
3. Cut out a round blue shape for the head
4. Cut a small triangle shape for the top of the head and cut down several times to make a feathered effect
5. Cut two feet shapes from white or yellow card and attach to a rolled up piece of card to make the legs
6. Cut a heart shape for the beak from white card
7. Place the largest hand at the back and the other two on top to make a fan shape, glue together or tape
8. Place the lollipop stick on top of the hand feathers tape down
9. Glue the body head and feather triangle to the stick and feathers
10. Glue or tape the legs and feet under the body
11. Glue the beak and wobbly eyes to the face, leave to dry

# Paper Mache Hot-Air Balloon

## Method

1. Begin by preparing the balloon to be covered in paper mache. Tear newspaper into squares a couple inches in size and make a paper mache paste. Cover your work surface with newspaper, roll up your sleeves and be prepared to get messy! Dip your newspaper into the paste and attach them to the blown up balloon. Cover the whole thing in newspaper, leaving a gap around the balloon tie so you can remove it later. Apply three coats, leaving it to dry in between each coat.
2. Once the mache is dry, pop the balloon. Don't be alarmed if it starts to implode, you can push it back into shape once the balloon is out. Cut a hole around the base and remove the popped balloon.
3. Next, paint the hot air balloon. Draw a line a third of the way round from the top of the balloon. Paint the two halves in contrasting colours – we went for blue and yellow. Apply several coats for even coverage.
4. Cut triangles of pink card to resemble bunting, about an inch high. Fold the top of each triangle to create a slight tab and glue between the blue and yellow on the balloon. The bunting should stick out slightly.
5. Cover a yoghurt pot in paper and paint for the basket
6. To hang, pierce more embroidery thread through the top of the balloon from the inside and tie a knot connect to the yoghurt pot.



# Handprint Penguin

## You will need

- White Felt
- Black card
- Orange card
- Light Blue Card folded in half
- Googly eyes
- White pom poms
- Snowflake stickers/sequins or white paint



## Method

1. First cut out some white felt to the size of your paper -I like to use 12×12 cardstock paper for 2 handprints so they fit well on the page. If you have regular 8.5×11 paper you can put 1 handprint on instead.
2. Trace and cut out your handprints -Trace both hands or trace the same hand twice and round the bottom of the handprint which will make the top of the penguin head. t the white felt in a wave pattern to make it look like snow on the ground.
3. Now you can decorate your penguins -We added a round piece of felt for the belly, googly eyes, and an orange beak.
4. To make your round felt bellies: simply trace around a round object you have (like a bottle).
5. To make the beak: cut out a diamond shape from orange paper and then fold it in half. Now glue your two handprints to the blue card.
6. Now the final part is to decorate your sky with snowflakes -We added white pom poms and sticker snowflakes to make the final touch with this penguin handprint art!
7. You can also paint some snowflakes on with white paint or add white sequins.

# Heart Flowers

## You will need

- Construction Paper
- Pipe Cleaners
- Beads
- Scissor
- Glue
- Pencil



## Method

1. Trace and cut out heart shapes from coloured paper.
2. Cut out leaves from green construction paper.
3. Hold three heart together with the pointed ends overlapping in the centre
4. Insert a pipe cleaner through it and circle the top part making the flower pistil.
5. Tip: So, I poked a small hold in the heart using a needle to make it easy for my daughter to pass the pipe cleaner through the paper. You may want to do that for young kids.
6. Insert a small bead from the other end of the pipe cleaner to hold flower petals in place.
7. Glue the paper leaf on the pipe cleaner.

# Paper Folded Bracelet

## Method

1. To make a folded paper bracelet you need 16-22 strips of paper. The strips of paper need to be 12cms x 3cms, bigger or smaller is fine, as long as the size ratio is 1:4.
2. We worked on our maths skills, counting by threes to rule up the paper and then I cut the strips with a paper cutter to making lots of strips quickly and easily.
3. For each bracelet you'll need between 16 and 22 strips, depending on how big a bracelet you want to make. We used 18 strips to make one big enough to fit over my ten year old's hand.



**1**

fold in half

fold in half again

**2**

take two folded pieces, slip one inside the other

fold one half of the tail of the inside piece up at a right angle

then fold it up, on top of the outer strip.

turn it over and do the same on the other side

secure the ends with tape or a paper clip

**3**

add a new strip of paper you just made, making another loop

make sure this loop is a little larger than the width of your folded strips

repeat the process from earlier, fold the tail of the loop to the left, then up

tuck the folded tail into the pocket made by the previous strip

turn it over and do the same on the other side

tuck the tail into the pocket

turn it to the right and begin the process again, adding a new strip

**4**

keep adding more strips...

... until the bracelet is long enough to go around your wrist

**5**

carefully remove the tape or clip and bring your ends together, slotting the first strip into the last loop

follow the same steps, fold one side of the tail to the side...

...and down, then tuck it into the pocket

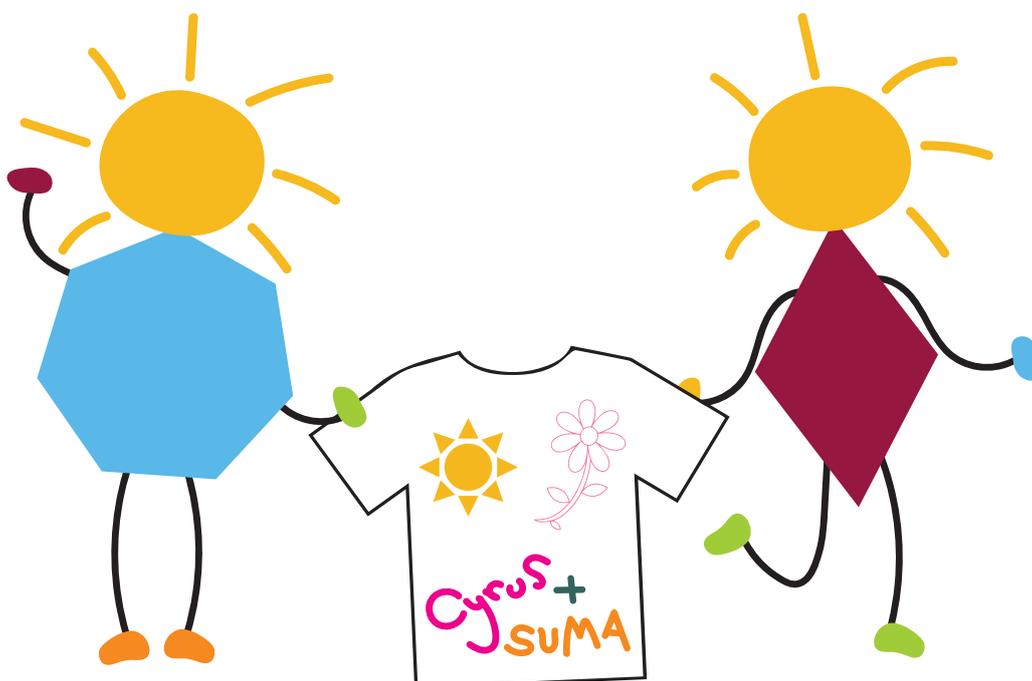
do the same with the inside tail...

...and you are done!

# Animal Corner Bookmarks

## Method

1. Get some 6 by 6-inch origami paper. Origami paper is the best but if you don't have any origami paper, cut a 6 by 6-inch (15.24 by 15.24 centimeters) square out of thin paper, such as gift wrap, printer paper, or construction paper. Avoid using cardstock or similar material, it is too thick for this project. You can use smaller sizes as long as it is still a perfect square, but it will be smaller.
2. Fold the paper in half diagonally to make a triangle. Take one of the corners, and fold it towards the opposite corner. Run your fingernail along the crease to make it nice and sharp.
3. Turn the triangle so that it is upright. The straight, folded edge should be facing you. The point tip should be facing away from you.
4. Fold one of the pointy tips down towards the bottom fold. You'll notice that your triangle has two layers of paper. You are only folding one of those layers. When you are done folding, your paper should still be shaped like a triangle, but with a smaller, upside-down triangle inside it. This will create a "pocket" for your bookmark.
5. Fold the bottom corners of the triangle up towards the top point. Take the left bottom corner, and fold it towards the top of the triangle. Make sure that the edges align, then run your fingernail along the crease to sharpen it. Repeat this step for the other side. You will end up with a diamond shape.
6. Fold both corners back down towards the inside of the triangle. Take the first corner you just folded, and fold it half-way inside the triangle. Be sure to tuck it under the "pocket." Repeat this step for the other corner.
7. Decorate the bookmark, if desired. You can decorate it with stickers, or even draw a face on it to make it look like a monster chomping down on the corner of your page. You can use different colours to resemble different animals. Let the bookmark dry, if needed, before using it. If you just used stickers to decorate your bookmark, then you are good to go. If you used pens or markers to decorate it, however, you might want to let it dry a little so that the wet ink doesn't transfer onto your book.



# Mindfulness Activities

## Best belly buddies

Since breathing is something that we do all the time, it is one of the best tools you have to bring you into the present moment, and there is no better way to engage young children than by using their favourite soft toy.

**Tip:** *pick your favourite soft toy as your belly buddy. Young children will need a parent to guide them while older children may do this independently.*

1. Lie on the ground on your back.
2. Place your soft toy on top of your belly.
3. Look at your toes.
4. Slowly breathe in through your nose and count 1, 2, 3 in your head.
5. Hold your breath and count 1, 2, 3 in your head.
6. Slowly breathe out through your mouth and count 1, 2, 3 in your head.
7. Repeat these steps for at least 3 minutes.

Questions to think about

- Can you see the toy on your belly?
- What does it feel like having your toy on your belly?
- What did your toy do when you breathed in?
- What did your toy do when you breathed out?
- What does the air sound like when it comes in your nose?
- What does the air sound like when it comes out your mouth?
- What do you think it would feel like for your toy sitting on your belly?



# Spidey-Senses

This activity allows children to engage all of their senses while acting like their favourite superhero.

- Stand or sit up straight.
- Close your eyes.
- Put your hands on your hips.
- Slowly breathe in through your nose and count 1, 2, 3 in your head.
- Hold the breath for 1, 2, 3.
- Slowly breathe out through your mouth and count 1, 2, 3 in your head.
- Think of a superhero and imagine you are that superhero.
- You might imagine that you are Spiderman and turn on your 'Spidey Senses' or have the super-focused smell, taste, touch, hearing, or sight that Superman has when protecting the world.
- Open your eyes!
- You can now see, hear, smell, taste and touch like that superhero!
- Focus on the sounds you can hear.
- What can you hear around you?
- Can you notice sounds you didn't hear before?
- What are they?
- Focus on what you can smell.
- What do you smell in the air?
- Are there new smells that you didn't notice before?
- Where do you think the new smell is coming from?
- Focus on what you can taste.
- What can you taste?
- Does your mouth feel dry or wet?
- Do you have a sweet, sour or salty taste in your mouth?
- Can you feel your tongue in your mouth?
- Focus on what you can touch.
- Can you feel your feet? What are they doing?
- Can you feel what you are sitting or standing on?
- Is it soft or hard? Wet or dry? Smooth or bumpy? Cold or hot? Step up yur Superhero senses switched on as long as you like. Discuss with your child how it makes you feel being a superhero and ask how they feel.



# Create a list of things to be thankful for

## Gratitude ideas

- Something someone did for you today
- A person who you love
- Something you like to do
- A talent you have
- A part of your body you are grateful for
- Something that made you laugh today
- A song you like
- A game you like to play
- A new skill you have learned
- A food you like to eat
- A pet that you love
- Something you have that you know other people don't have
- A memory of something you have done in the past



## Gratitude ideas

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# Support for Families

**Support for Gas, Electric & Water Bills**  
Support to pay bills potentially including arrears contact  
<https://citahants.org/>

**Support if you are raising a disabled or seriously ill child**  
<https://www.familyfund.org.uk/>

**Support for parents for young people & children with mental health issues**  
<https://hampshirecamhs.nhs.uk/help/young-people/>

**Turn2us helps people in financial need, online or by phone**  
<https://www.turn2us.org.uk/>

**Safe4me directory lists A-Z details of National & Local support services**  
<https://www.safe4me.co.uk/support-services/>

**FISH - Family Information and Services Hub supporting parents of under 18's**  
<https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>

# Foodbanks

There is a network of foodbanks across Hampshire providing emergency food and compassionate, dignified support to people in crisis. To find you nearest Foodbank contact your local Council, School, CAB, Community Association or Faith group.

Community Pantry Locations across Hampshire – providing support for people with food.

## PANTRY LOCATIONS



1. Westside Community Centre Basingstoke RG22 6QB
2. Longmeadow Centre, Cricketers Way, Andover, SP10 5DE
3. Unit 12, Winchester, Winnal Valley Road, SO23 0LD
4. 7 Dukes Mill, Romsey, Hants, SO51 8PJ
5. New Forest Basic Bank
6. Cable Works, 83 Tinning Way, Eastleigh SO50 9QE
7. Western Churches, 255 Hunts Pond Road, Fareham, PO14 4PG
8. Porchester Community Centre, Westlands Grove, Porchester, Fareham, PO16 9AD
9. Gosport Football Club, Privett Road, Gosport, PO12 3SX
10. Hayling Island Community Centre, Station Road, PO11 0HB
11. Munch Pantry, Dickinson Centre, Park Community School, Havant, PO9 4DQ
12. Waterlooille Children's Centre, Mill Road, Waterlooille PO7 7DB
13. Wickham Community Centre, Mill Ln, Wickham, Fareham PO17 5AL
14. Sacred Heart Catholic Church, High St, Bordon GU35 0AU
15. Aldershot Community Supermarket, location to be confirmed
16. Yateley Industries, Reading Road, Yateley, GU46 7TF





*It's coming up to Christmas,  
We have been blessed with the things we need...  
I'd like to set a challenge,  
For us all to do a good deed...*

*Donate a 'Toy' to a charity,  
Some 'Pet Food' to the pound...  
Some clothing to a charity store,  
There are so many to be found...*

*There are many things that we can do,  
At this special time of Year...  
To reach out to other's,  
And just show them that we care...*

*Don't think 'it won't make a difference',  
Whether your act is big or small  
It will bring such joy to 'Someone'  
There's a 'SANTA' in us all .... Mary G*



*Connect with us!*

[www.connect4.org.uk](http://www.connect4.org.uk)

 [admin@connect4.org.uk](mailto:admin@connect4.org.uk)

 [facebook.com/Connect4Families](https://facebook.com/Connect4Families)

Susan Parish - Park Community School  
[www.pcs.hants.sch.uk](http://www.pcs.hants.sch.uk)

Wendy Masterson - RCS  
[www.romsey.hants.sch.uk](http://www.romsey.hants.sch.uk)

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